

DECEMBER 2011 LUNCH MENU & ACTIVITIES

	Mon	Tue	Wed	Thu	Fri
				<p>1 8:30 Notary Service Appointments 10:00 VTA Transit Cards 10:30 Bookmobile 11:15 Presentation:Maximize your Memory, Social Hall 11:45 Lunch Menu Baked ham Pineapple sauce on side Whole grain bread California blend veggies Baked potato & Fruit 1:00 SALA Appointments</p> 	<p>2 10:30 Blood Pressure Check 10:45 Dancing w/ Ana & Irv 11:45 Lunch Menu Chicken Noodle Soup w/ veggies, dinner roll, cabbage salad w/ tomatoes, egg, Orange 1:00 Movie: 127 Hours</p> 
5	<p>10:30 Dancing, lunch room 11:00 Foothill Community Choir Performance, Social Hall 11:45 Lunch Menu Beef stir fry Brown rice Roasted carrots, zucchini, red bell pepper, onions & sesame seeds, Orange 1:00 Big Bingo</p>	<p>6 7:30 Cache Creek Casino 10:30 Book Club - "The Secret Scripture" 11:45 Lunch Menu Chili Verde & Tortilla Fresh refried beans Green salad Tropical fruit 1:00 Movie: Bridesmaids 4:00 Wii Bowling</p> 	<p>7 10:30 Line Dancing, lunch room 11:45 Lunch Menu Spaghetti & meatballs Garlic bread Italian veggies Tomato & bell pepper Salad Pears 12:45 Bingo, lunch room 3:00 Orchestra Performance, Social Hall 5:30 Movie: Bridesmaids</p> 	<p>8 10:30 Bookmobile 11:00 Meet & Greet 11:45 Lunch Menu Oven fried chicken Whole grain bread Broccoli & carrots Fortified mashed potatoes Fruit cocktail 1:00 Workshop: Meaningful Visits to People with Dementia</p>	<p>9 10:30 Blood Pressure Check 10:45 Dancing w/ Ana & Irv 11:45 Lunch Menu Breaded fish Whole grain bread Chef's blend veggies Baked potato Apple 1:00 Movie: Bridesmaids</p>
12	<p>8:30 HICAP 10:30 Dancing, lunch room 11:45 Lunch Menu Chicken Pot Pie with Mixed veggies Tossed salad Fortified juice 2:00 Hearing Screening</p> 	<p>13 9:15 Eyeglass Repair 11:45 Lunch Menu Meatloaf Whole grain bread Mixed veggies Fortified mashed potatoes Banana 1:00 Movie: The Adjustment Bureau 4:00 Wii Bowling 5:30 AARP Driver Safety</p>	<p>14 10:30 Line Dancing, lunch room 11:45 Lunch Menu Baked fish Brown rice Peas & pearl onions Carrot raisin salad Orange 12:45 Bingo, lunch room 5:30 Movie: The Adjustment Bureau</p>	<p>15 10:30 Bookmobile 11:45 Lunch Menu Beef Lasagna with noodles Corn w/ red bell pepper Coleslaw Fruit cocktail 1:00 SALA Appointments 1:00 Workshop: Hospice of the Valley</p> 	<p>16 10:30 Blood Pressure Check 10:45 Dancing w/ Ana & Irv 11:45 Lunch Menu Boneless pork chop Brown rice 5-way blend veggies Tossed salad & Tropical fruit Celebrating December Birthdays w/ Birthday Cake 1:00 Movie: The Adjustment Bureau</p>

Mon	Tue	Wed	Thu	Fri
<p>19</p> <p>9:30 Movie: Murder on the Orient Express</p> <p>10:30 Dancing, lunch room</p> <p>11:45 Lunch Menu Beef Stew with Carrots, Peas, Onions, Celery & Potatoes in entrée, Whole Grain roll</p> <p>1:00 Movie: Maltese Falcon</p> <p>2:00 Newcomers' Group</p>	<p>20</p> <p>9:30 Movie: Guys and Dolls</p> <p>11:00 CSA Information + Referral</p> <p>11:45 Lunch Menu Chicken Cacciatore with bell peppers, mushrooms, tomatoes & onions, Noodles Green Salad, Apple Crisp</p> <p>1:00 Movie: West Side Story</p> <p>4:00 Wii Bowling</p>	<p>21</p> <p>10:00 Podiatry Screening</p> <p>10:30 Line Dancing, lunch room</p> <p>11:45 Lunch Menu Roast pork loin, Whole grain bread, Broccoli, cauliflower & carrots, Noodles, Fruit</p> <p>12:30 Alzheimer's Screening</p> <p>12:45 Bingo, lunch room</p> <p>3:30 Movie: Arsenic and Old Lace</p> <p>4:00 Holiday Gala</p> <p>5:30 Movie: Tootsie</p>	<p>22</p> <p>9:30 Movie: Sabrina</p> <p>10:30 Bookmobile</p> <p>11:45 Lunch Menu,  Holiday Lunch Please arrive early to be seated! Roast beef, Scalloped potatoes, Green beans, Salad & Special dessert</p> <p>1:00 Workshop: Hip, Joint & Knee</p> <p>1:00 Movie: Casablanca</p>	<p>23</p> <p>9:30 Movie: It's a Wonderful Life</p> <p>10:30 Blood Pressure Check</p> <p>10:45 Dancing w/ Ana & Irv</p> <p>11:45 Lunch Menu Chicken Cordon Bleu, Brown Rice, Peas & Pearl Onions, Green salad, Orange</p> <p>1:00 Movie: A Christmas Carol</p>
<p>26</p> <p>SENIOR CENTER CLOSED</p>	<p>27 SENIOR CENTER OPEN FOR NUTRITION PROGRAM ONLY</p> <p>10:30a.m. to 1:30p.m.</p> <p>Beef stroganoff & Noodles</p> <p>California blend veggies</p> <p>Cabbage salad </p> <p>Gelatin w/ fruit</p>	<p>28 SENIOR CENTER OPEN FOR NUTRITION PROGRAM ONLY</p> <p>10:30a.m. - 1:30pm.</p> <p>Teriyaki chicken</p> <p>Brown rice</p> <p>Japanese blend veggies</p> <p>Green salad</p> <p>Apple</p>	<p>29 SENIOR CENTER OPEN FOR NUTRITION PROGRAM ONLY</p> <p>10:30a.m. - 1:30pm.</p> <p>Country fried steak</p> <p>Whole grain bread</p> <p>Broccoli, carrots, mashed potatoes</p>	<p>30</p> <p>SENIOR CENTER CLOSED</p>

NUTRITION PROGRAM - The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come, first served.



= Meal contains more than 1000mg sodium